

Improving identification and management of sarcopenia by physiotherapy staff in Older People's Medicine: a quality improvement project.

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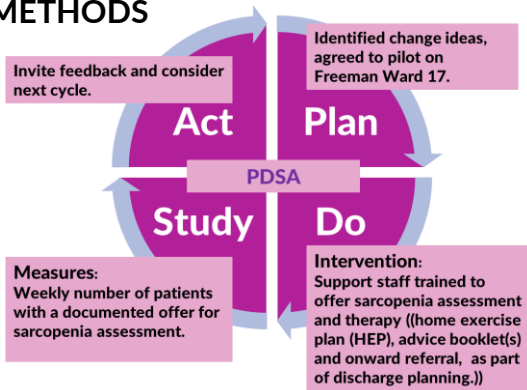
BACKGROUND

- Sarcopenia is common in hospitalised older people and associated with unfavourable health consequences.
- Identification of sarcopenia risk with the offer of resistance exercise are key to improving outcomes and recommended in clinical practice guidelines.
- Previously, physiotherapy staff working in Older People's Medicine (OPM) did not identify sarcopenia.

AIM

- Within 3 months, to achieve a 50% increase in the number of patients offered sarcopenia assessment.

METHODS



RESULTS

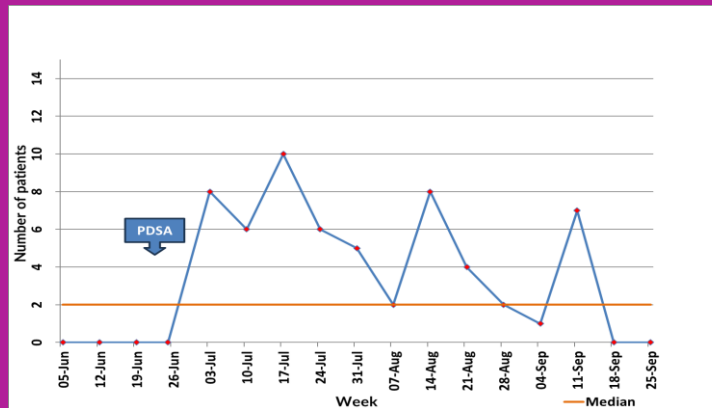
- At baseline, 0 (0%) patients were offered sarcopenia assessment; this improved to 59/87 (68%), achieving the project aim.
- 53 patients were assessed; 49 (92%) had probable sarcopenia, and 47 (96%) of those engaged with the exercise offered.

CONCLUSIONS

- Physiotherapy staff can support sarcopenia identification and management.
- Resources are necessary for sustainable and scalable application.
- Implementation could help older people to recondition after hospitalisation and improve clinical outcomes, benefiting patients and the healthcare system.



Physiotherapy staff can identify Sarcopenia and offer therapy, as part of discharge planning of older people from hospital.



Run chart showing the weekly number of patients with a documented offer for sarcopenia assessment.



Take a picture to remember the poster

Patient characteristics

Mean age (years) (range)	82 (66 to 97)
Female sex (%)	31 (58)
Mean Rockwood CFS (range)	4.5 (3 to 7)
IMD quintile 1 (%)	16 (31)
Mean Length of Stay/days (range)	22 (2 to 64)
Re-admission within 30-days (%)	9 (17)

Quantitative data

Eligible patients	87
Offered sarcopenia assessment	59
Assessed for sarcopenia	53
Completed grip strength testing (%)	51 (96)
Completed 5x sit-to-stand test** (%)	5 (9)
Probable Sarcopenia (PS) (%)	49 (92)
PS and at risk of falls (%)	44 (83)
PS and agreed to HEP (%)	47 (96)
PS and agreed to be referred for exercise progression (%)	41 (84)
Advice booklets issued:	
Eating well in Later Life	48
Falls Prevention	44

** without using hands

Resources used for the project

